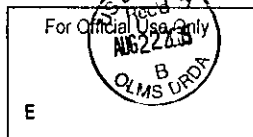


FORM LM-30

LABOR ORGANIZATION OFFICER AND EMPLOYEE REPORT

This report is mandatory under P.L. 86-257, as amended. Failure to comply may result in criminal prosecution, fines, or civil penalties as provided by 29 U.S.C. 439 or 440.



READ THE INSTRUCTIONS CAREFULLY BEFORE PREPARING THIS REPORT.

1. File Number U - <u>10410</u>	2. Fiscal Year Covered From: <u>01 / 01 / 2004</u> Through: <u>12 / 31 / 2004</u>
3. Name and address of person filing. Name <u>CATHY A HOWELL</u> P.O. Box, Bldg., Room No., if any Street <u>408 Castle St</u> City <u>Wilmington</u> State <u>NC</u> ZIP Code + 4 <u>28401</u>	4. Name, file number, and address of labor organization. Name <u>AFL - CIO</u> Labor Organization File Number <u>000-014</u> P.O. Box, Building and Room Number, if any Street <u>815 16th St NW</u> City <u>Washington</u> State <u>DC</u> ZIP Code + 4 <u>20004</u>
5. Position in labor organization. <u>Asst. Dir. for Leadership Dev. - Field Mobilization</u>	

Enter appropriate data below if, during the past fiscal year, you or your spouse or minor child directly or indirectly had any of the following interests (except as specified in the exclusions set forth in the instructions):

A. Held an interest in, engaged in transactions (including loans) with, or derived income or other economic benefit of monetary value from an employer whose employees your organization represents or is actively seeking to represent.	
6. Name and address of Employer (including trade name, if any). Name Trade Name, if any: P.O. Box, Bldg., Room No., if any Street City State ZIP Code + 4	7.a. Nature of Interest, Transaction, or Income. 7.b. Amount.

Signature

15. Signature and verification. The undersigned declares, under penalty of Perjury and other applicable penalties of the law, that all of the information submitted in this report (including the information contained in any accompanying documents), has been examined by the signatory and is, to the best of the undersigned's knowledge and belief, true, correct, and complete. (See the section on penalties in the instructions.)		
Signed <u>Cathy Howell</u>	On <u>8/14/05</u> Date	<u>202-637-5319</u> Telephone Number

Name of Person Filing <i>Cathy A. Howell</i>	File Number U-
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B. Held an interest in or derived income or economic benefit with monetary value **from a business** (1) a substantial part of which consists of buying from, selling or leasing to, or otherwise dealing with the business of an employer whose employees your labor organization represents or is actively seeking to represent, or (2) any part of which consists of buying from or selling or leasing directly or indirectly to, or otherwise dealing with your labor organization or with a trust in which your labor organization is interested.

<p>8. Name and address of Business (including trade name, if any).</p> <p>Name <i>American Center for International Labor Solidarity</i></p> <p>Trade Name, if any:</p> <p>P.O. Box, Bldg., Room No., if any <i>Suite 300</i></p> <p>Street <i>1925 K St. NW</i></p> <p>City <i>Washington</i></p> <p>State <i>DC</i> ZIP Code + 4 <i>20006-1105</i></p>	<p>9. Business deals with</p> <p><input checked="" type="checkbox"/> a. Labor Organization</p> <p><input type="checkbox"/> b. Trust</p> <p><input type="checkbox"/> c. Employer</p>
<p>10. If 9.b. or 9.c. is checked give trust or employer's name.</p> <p>Name <i>/</i></p> <p>Trade Name, if any:</p> <p>P.O. Box, Bldg., Room No., if any</p> <p>Street</p> <p>City</p> <p>State ZIP Code + 4</p>	<p>11.a. Nature of such dealing.</p> <p><i>Solidarity Center is a non-profit organization that receives union, government + private funding to support trade union development around the world. They sponsor educational trips for US + international trade unionists.</i></p>
	<p>11.b. Approximate dollar value of such dealing. <i>Unknown</i></p>
	<p>12.a. Nature of interest held or income received.</p> <p><i>Expenses for a solidarity trip of labor council presidents to visit local elected public officials + labor unions in several Brazilian cities. The Solidarity Center covered some of my in-country expenses.</i></p>
	<p>12.b. Amount. <i>\$822.</i></p>

C. **Received from any employer** (other than an employer covered under parts A and B above) or from any labor relations consultant to an employer any payment of money or other thing of value.

<p>13.a. Name and address of Employer or Labor Relations Consultant (including trade name, if any).</p> <p>Name</p> <p>Trade Name, if any:</p> <p>P.O. Box, Bldg., Room No., if any</p> <p>Street</p> <p>City</p> <p>State ZIP Code + 4</p>	<p>14.a. Nature of payment.</p>
<p>13.b. Is the Business an Employer or Consultant ?</p>	<p>14.b. Amount of payment.</p>